



SALFORD CAMHS FOR CARED FOR CHILDREN (STARLAC)

WHO ARE WE?

We help Cared For young people with their mental health. We also often work with the adults in their lives too.

WHERE ARE WE?

We usually see young people at **Pendleton Gateway**, but we can also offer you **online appointments** if that is better for you! The ACE club takes place at **Swinton Gateway**.

Pendleton Gateway



Swinton Gateway



HOW CAN WE HELP YOU?

- 1 1:1 SUPPORT:** If it would be beneficial for you to spend some time with a member of our team, we can offer you an individual appointment to begin an assessment and a talking-based therapy if needed.
- 2 THE ACE CLUB:** An 8-session group run after school, full of fun activities to help you learn skills to be more assertive, confident and aware.
- 3 THE I-START PATHWAY:** Every year we complete emotional wellbeing check-up assessments of all the children Cared for by the Salford City Council.
- 4 SUPPORT TO YOUR NETWORK:** sometimes the best way to help you is to support the adults around you including carers and social workers.

HOW CAN YOU ASK FOR OUR HELP?

If you think you need our help, please speak to your **Social Worker** or an **adult who looks after you**. If you are **13 or older**, you can also call the **STARLAC number** below and a member of our team will talk with you to take your referral over the phone.

CONTACTS *If there is an emergency you can go to your **closest A&E**.*

Emergency: 999 | NHS: 111 (for non-emergency mental-health support)

STARLAC (Mon-Fri, 9-5): 0161 779 7832 | mft.salford-camhs-caredforchildren@nhs.net